

*You reminded me about what the most important thing in life is.*

*Do you know what I think it is?*

***Friends... best friends.***

-From Fried Green Tomatoes



**We stand on the brink of a significant social phenomenon**, as people have become increasingly disconnected from one another... Yet basic human instinct is to feel part of a community or tribe... **people engaging in these communities are likely to be happier, healthier, and to have a longer life expectancy.**

From: [Bowling Alone: The Collapse and Revival of the American Community](#) by Robert Putnam

Yet love and intimacy are at the root of what makes us sick and what makes us well. **Connections with other people affect not only the quality of our lives but also our survival.** Study after study find that people who feel lonely are many times more likely to get cardiovascular disease than those who have a strong sense of connectio and community. When we understand the connection between how we live and how long we live, it's easier to make different choices. **...Relationships are among the most powerful determinants of our well-being and survival.**

From: [Newsweek "Love is Real Medicine" October 3, 2005](#)